



Yoga



“Parent & Child Yoga”

This class blends fun, child-friendly yoga with more traditional poses that encourage both parent and child to cooperate and interact while working on flexibility, strength, and balance. Please bring a mat and towel for each participant.

• July 11 – August 8 Sundays 6:00 pm – 6:45 pm ages 6 and up YG21

Compo Beach Grass Area by basketball courts

Attire should be comfortable workout clothing such as, shorts or sweatpants, T-shirt or sweatshirt. Please bring a sweatshirt or warm-up jacket for cool weather. Bring a mat, towel and water or sports drink.

Drop off and pick up

Staff will be available 15 minutes prior to start time to receive participants. Late pick-ups will not be tolerated and could result in the participant being suspended from the program. Please obey all traffic and parking regulations to avoid being ticketed. Due to the fact this is a Parks and Recreation program being held at the beach, a parking emblem will not be required to enter. Please inform the gate personnel on the way in that you will be attending the program and they will give you a temporary parking pass.

General Information

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal with no refund.
- At the end of the program, please be sure to pick up all personal belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child before they attend the program.